



END OF PHASE 1 - INTERREGIONAL LEARNING!

In Phase 1, the exchange of experiences and good practices have been introduced and debated in a series of international workshops. Additionally, several *in situ* visits were held to give to the visiting partner the opportunity to address specific questions in order to receive assistance and work side by side in the preparation of the Action Plan.

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-SEMESTER 5 ACTIVITIES- WORKSHOPS

INTERREGIONAL WORKSHOP ON PERSONALISED HEALTH

In Milan, on April 11th 2018, took place the first interregional workshop on Personalised Health. Opened by the Lombardy Ministry of Health Giulio Gallera, it brought together European regional representatives and stakeholders in order to make the first move towards an interregional coordination on Personalised Health, gathering important inputs about Personalised Medicine and Personalised Health. It was discussed the main areas of the future interregional cooperation: Big-data and electronic medical records, connected and integrated health, Health industry; facilitate the innovation flow in health care and Responsible Research and Innovation.



TECHNOLOGY FOR HEALTHY AGEING WORKSHOP

On May 7-8th, 2018, the Province of Lower Silesia was the place for hosting the 6th Interregional Workshops of the TITTAN Project related to the subject of “Technologies for Healthy Ageing.”

On the first day of the Workshop, each of the regions of the TITTAN Project presented their seniors’ care plans and especially innovative good practices offered by the Project partners. On May 8th 2018, which was the second day of the Workshop, the guests visited the Museum of Papermaking in Duszniki Zdrój (a place where paper-making workshops take place) and the Łądek Zdrój sanatorium, in Lower Silesia. During the stay in the historic sanatorium, several lectures took place about Radon’s therapy, Medical Massage and balneotherapy among others such as *Living it Up* and *TEC*.



IN SITU VISITS

IN SITU VISIT TO ALMERE – Amsterdam and Almere, 24-25th of April

A Basque delegation acquired in-depth knowledge of the Good Practices presented within the third thematic area: Active Citizens for Healthy Ageing. The Dutch partner introduced through its stakeholders *SeniorLive*, *Age Friendly City* initiative, as well as Amsterdam Healthy Weight project.



On the first day, Amsterdam City Council presented the work being carried out in the

Amsterdam Age Friendly City project, that aims to achieve age-friendly environments, accessible and adapted to the individuals' different needs/skills.

The second day, was dedicated to the Amsterdam Healthy Weight, a programme also promoted by Amsterdam City Council. Finally, representatives of the University of the Basque Country (EHU/UPV) who are implementing a research project aimed at including a physical activity routine for senior citizens, met the *SeniorLive* initiative, which also seeks to foster physical activity for senior citizens via current technologies, for which they receive the training required.

IN SITU VISIT TO GALICIA – Compostela, 18-19th of June

Galician Health Service and ACIS welcomed a delegation from Digital Health & Care Institute (DHI) - Scotland, from the Lower Silesia government - Poland, from Healthy Saxony (HS) - Germany, and from the Basque Country Health Service and the Foundation of Innovation and Health Research (BIOEF) - Basque Country.



On the 18th, Javier Quiles, Head of IT Systems of the Galician Health Service, and Marta Sande, IANUS Project Office, presented IANUS (offers to

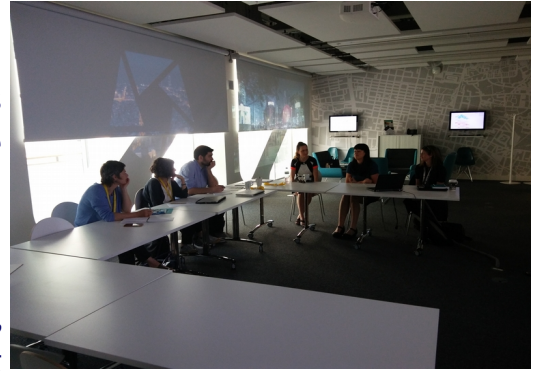
health professionals access to patient's electronic health record) and Telea (a home telecare platform for chronic patients). In the afternoon, *E-Saúde* platform was presented. *E-Saúde* allows citizens to check their personal health records.

During the second day, the partners from Scotland and Lower Silesia visited the Galeras Health Center to see the IANUS management. After that, the whole delegation visited to the University Hospital Complex in Compostela where it was presented the *Cardiac Rehabilitation*. A programme supervised by professionals for helping patients to recover from heart attacks and cardiac surgery.

IN SITU VISIT TO SCOTLAND – Glasgow and Edinburgh, 25-26th of June

ACIS and a representative of HealthFactory (a stakeholder from the Dutch Partner), met for an *in situ* visit in Glasgow. It was full of interesting talks surrounding co-design and principles to engage Scottish people on topics of health and care.

On Monday 25th, Janette Hughes, programme lead presented the timeline, objectives and achievements of *Living it Up (LiU)*. Gemma Teal, researcher, described the activities for engaging



different patient groups in co-design workshops. Then George Crooks, DHI CEO, gave his leadership perspective: what it achieved and future aspirations. In the afternoon, Chaloner Chute, DHI chief technology officer, talked about different sub-elements of *LiU* absorbed into the DHI's Demonstration and Simulation Centre. Finally, Rui Cardoso, Head of challenge sponsors, introduced *CivTech* and how *CivTech* manages real challenges, developing new products and faster/easier services, thanks to link thw public-sector expertise and the private sector creativity. Next day, the group met staff from the National Health Service and the Scottish Government. Susana Fernández Nocelo, ACIS Coordinator of European Projects explained examples of Pre-commercial Procurement projects such as 'EMPATTICS' and 'Hospital2050' and 'InnovaSaúde' programmes for Public Procurement of Innovation. The *in situ* visit ended at the *CivTech* facilities to learn examples of projects that are currently developing in their co-working space.

IN SITU VISIT TO SAXONY – Dresde, 2-3rd of July

Introduced by the host HEALTHY SAXONY and stakeholders; a delegation from the Digital Health & Care Institute, the University of Strathclyde (Scotland) and representatives from the Lower Silesian Voivodship (Poland), visited Saxony to know more about the telemedicine platform *CCS Telehealth Ostsachsen (THOS)* and the Leipzig Geriatric Network, *GeriNeTrainer*.



On the first day, Dr. Olaf Mueller and the specialists Martin Benedict and Dr. Hannes Schlieter made a presentation of the work of the healthcare region Carus Consilium Sachsen and some interesting services within *THOS*. It is an open platform where clinics, physicians, nurses, other medical service providers and patients at home are all connected. Then, Juliane Wolf presented the *GeriNeTrainer* initiative, which aims to increase everyday competence by an activity program in groups and/or at home. Furthermore, stakeholder Carus Consilium Sachsen presented other initiatives to improve healthcare system.

Finally, the second day was introduced to the Scottish partners the Data Integration Center, established as an ecosystem for medical research and care.

-NEXT ACTIVITIES-

- **Action Group Report 3** will be delivered/uploaded to InterregEurope web
- All **TITTAN Good Practices** should be uploaded to InterregEurope.eu/tittan
- September will be full of intense work for elaborating the **Action Plans** to adapt and implement those more interesting Good Practices in each region

Gemeente Almere



HEALTHY
SAXONY

**NIEDER-
SCHLESIEN**



**DOLNY
ŚLĄSK**

PARTNERS



bioef

berrikuntza + ikerketa + osasuna eusko fundazioa
fundación vasca de innovación e investigación sanitarias



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